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5 An optical disk apparatus performing either one
of recording and reproduction of an optical disk in which
groove-shaped groove tracks and land tracks present
between the groove tracks are alternately connected to
each other in a spiral shape, includes: a recording and
reproduction unit for recording a signal in at least one
continuous groove track and at least one continuous land
track, and then reproducing the signal from the groove
track and the land track; a detector for detecting a
quality of the signal recorded and reproduced by the
recording and reproduction unit; a control parameter
setting unit for setting a control parameter related to
at least one of the recording and the reproduction of the
optical disk; and a controller for changing the control
parameter set by the control parameter setting unit,
repeating the recording and reproduction performed by the
recording and reproduction unit and detection performed
by the detector every time the control parameter is
changed, and determining the control parameter based on
the quality of the signal detected by the detector.